WELCOME to the

Roles of Community Health Workers and Support Specialists during COVID-19

ECHO

Session will start in less than 15 minutes
Social Isolation
Risks and solutions

Presented by
Joanne Fadale Wagner, LICSW, CCM
Behavioral Health Clinical Manager
Dartmouth Hitchcock
Identify Concerns

- Increased stress/anxiety
- Increased substance (alcohol, food, smoke,...)
- Memory issues
- Fear
- Agitation
- Digestive issue
- Sleep
- Not being able to see an improvement/hope
Ideas

• Keep a schedule/routine, get dressed, meals...
• Plan at least one connection a day, break it down
• Video, phone, Write letters, emails, journal
• Stay busy, try new things
• Purpose, make something, try something new
• Plan for future, this will not last forever
• Exercise, get outside
• Do something for others
• Pets
• Self compassion, sources of comfort
• Recognize strengths, past experiences
Resources

- Peer Support
- Meals on Wheels
- Senior Companion Programs
- CAP/Resource Centers
- AARP
- Catholic Charities
- Salvation Army
- NAMI
- Church/temple/faith organizations
- NA/AA
- Gyms, apps, tapes